



Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

Magic Wysor Balms & Medicinals

—By Lisa Bashert



Heather Wysor

A few years ago, Heather Wysor and her partner, Johnny, were living in northern Virginia. They had good playing jobs, but just didn't feel like they were in sync with the others around them—striving for more money and power seemed rampant, everyone yearning for more!

They decided to quit their jobs and moved back home to Ypsilanti in November 2011.

Heather already loved growing medicinal plants and had been using a pine tar soap for her childhood eczema. She began making the soap herself that winter, as well as her own balms for dry skin, and has never looked back!

The ambitious Magic Wysor herb garden was started in the spring of 2012. Her goal is

to grow all that goes into her products, but for the present she uses Co-op herbs.

Many friends & family encouraged Heather to sell her balms through the local farmers markets, as well as the medicinal seedlings she was starting for her garden. She started as a market vendor last year.

Magic Wysor medicinal products have done well at the markets and now you can find them at YFC! The Co-op has her basic balm, Hand & Body, and also Cure-All Balm. Her Pine Tar soap will be available at YFC soon. (It is her best-seller at the farmers market.)

Heather offers her balms at a very low margin in order to bring this type of self-care to the marketplace.

Check out her [Facebook page](#) or email her directly at: heatherwysor@gmail.com.

Try out Magic Wysor balms. You'll be glad you did! (In the Personal Care aisle).



“Na-Cho Mama’s” Pot Pie from River Street

It's not your mom's mushy shepherd's pie, Co-op friends. **New** from our Sweets bakers is the gluten-free, vegetarian, micro-wavable mini pot pie to be found in our freezer, called

Na-Cho Mama's Shepherd's Pie! It's a southwest take on the beloved comfort food. This pie includes vegetarian chili with roasted corn and black beans, covered with a mix of mashed

potatoes and yams, and topped with an Ann Arbor Tortilla Company chip!

Look for Deli and Sweets offerings on Facebook. Also see our website for the “Sweet of the Week!”



A Peek at Produce - Broccoli!

—By Jen Whaley

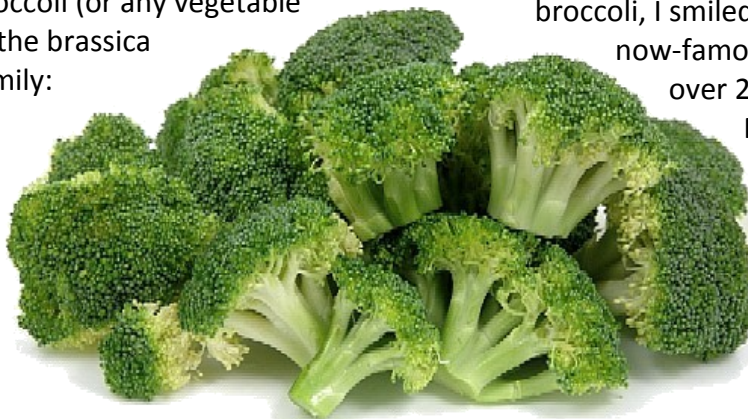
When I was a child, broccoli had a bad reputation; kids hated it, adults refused to eat it—even the President publicly admonished it. But clearly something has changed drastically in our food culture. According to the USDA, the average American consumed nearly 6 pounds of broccoli in 2011, up from 3.4 pounds in 1990, and less than a pound in 1960. Last year the Ypsi Co-op sold over 1.5 tons of local and organic broccoli!

Its popularity rise is largely due to a combination of nutritional education and widespread availability ...plus culinary technique. If you've ever overcooked broccoli (or any vegetable in the brassica family:

Brussels sprouts, cauliflower, cabbage), you probably recall the murky sulfur smell that rendered the vegetable inedible.

So what's the best preparation method? Fresh broccoli is delicious raw or cooked. Cut the florets into uniform pieces, and don't forget to include the peeled stalk—it's delicious too! Steam or stir fry for 3-4 minutes; cooked broccoli should be bright green and tender-crisp.

A few days ago, as I watched a young boy walk right up to a dinner buffet and load up his plate with broccoli, I smiled and recalled those now-famous words uttered over 20 years ago: "...I'm President of the United States and I'm not going to eat any more broccoli." That's OK, Mr. President—more for us!



COOKBOOK! You folks eat great food—we see it daily at the checkout counter! Clara is compiling a community-focused cookbook illustrated with photos of the food and fabulous cooks of Ypsilanti, sponsored by YFC. Contact clara@ypsifoodcoop.org or stop in the store on the weekends to discuss how you can be involved.



Growing Hope Garden Kits

Made in
Ypsi!

Available at the Co-op:

- Grow-Light Stand for seed starting that can hold up to 4 standard seed flats. Includes wooden frame, light fixture, and all the hardware. Just add flats, soil & seeds. Price \$95.96
- Raised Bed Kits: made of non-toxic treated pine 2x8s, assembles to a 4'x4' raised garden bed. Kit includes 4 pre-cut and assembled sides plus all hardware. Price \$45.96
- Season Extension Kits: each contains a pair of conduit hoops, hardware, poly sheeting, and clips, to create a 'low tunnel' for protection against the elements on either end of the growing season. Price \$45.96

March Events

Sat 3/2 4pm -or- Mon 3/18 6pm

New Member Orientation at YFC

"Get to Know Your Co-op!" with a short presentation and tour of the store. 12% grocery discount for attendees.

Monday March 4, 6:00pm

Permaculture Meeting at Growing Hope Center

922 W Michigan Ave, Ypsilanti

Join Abundant Michigan for our monthly permaculture meeting. Entitled, "Restoration Agriculture and Keyline Patterning," we will be discuss water management and the most productive ecosystem known to man, the Oak Savannah biome, as well as strategies for community abundance through cooperative working groups AKA "Guilds." Suggested donation: \$10 or gift equivalent.

Friday March 10, Potluck 6:00pm, Film 7:00pm

Film: "Patagonia Rising" at downtown Ypsi Library, 229 W Michigan Ave, Ypsilanti

Immediately following the 6pm Growing Hope Community Potluck—bring a dish to pass! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "Patagonia Rising" focuses on hydroelectric dam project to generate energy for bigger cities in Chile's Patagonia region to the detriment of rural gauchos and village people; an examination of the intersections of race, class and the environment.

Monday March 18 6pm

New Member Orientation at YFC (see above)

Wednesday March 20, 7:00pm

Candle Making with Amy Lesser at YFC!

Amy Lesser of The Happy Peasant / Wild Joy Soaps, Candles and Herbals, out of Dexter will be at YFC to share the art of making real beeswax candles. Amy will talk about processing honeycomb, using silicon molds, adding essential oils, and other kinds of candle making skills. \$5 class materials fee. (RSVP by 3/18/13 to lisa@ypsifoodcoop.org or call 483-1520.)

Saturday March 24, 2pm

Co-op Tour of Tantre Farm,

2510 Hayes Rd, Chelsea (1:00 pm carpool from Co-op)

Join the Food Co-op for a tour of Tantre, a certified organic farm serving Ypsilanti & Ann Arbor for 20 years, providing fresh produce through CSA shares, Farmers' Markets, Farm-to-School programs, local stores & cooperatives, local restaurants, and more. RSVP to 483-1520.

Sunday March 31, Easter

CO-OP CLOSED

2013



HomeGrown Local Food Summit

The 5th Annual Summit featured a keynote by Malik Yakini (Detroit Black Community Food Security Network), as well as Saru Jayaraman (Restaurant Opportunity Centers) and a host of others to celebrate and re-imagining a secure and local food system for Michigan.

Malik Yakini talked about his work to alleviate the impact of racism and white privilege in the food system, as well as contributing to the development of an international food sovereignty movement that embraces Blacks farmers in the Americas, the Caribbean and Africa. He is featured in the book "Blacks Living Green," and the film "Urban Roots." As part of the Sustainability Film Series (see left, MARCH EVENTS), Yakini will also speak at the May screening of "Urban Roots" at the downtown Ypsilanti Library; series co-sponsored by YFC.

Co-presenters from YFC offered a break-out session on Quitting the Bottle (see back page). Other break out sessions

concerned Gardening with Incarcerated Youth, Food Hubs in Michigan, Hospital Farming, Getting Your Goods into the Marketplace, Farm to School Programs, and so much more.

"Speed Skilling" was a fun activity in the afternoon on a host of topics. Some included inoculating logs with shitake mushroom plugs, fermentation, indoor worm composting, winter gardening with micrograins, starting a farmers market booth, and more. Good for beginners or those who had next-step questions about any of these practical skills.

The Co-op provided Pumpkin and Mexican chocolate cakes, highlighting our Sweets bakers. As in past years, our in-kind donation made it possible for many staff to attend, for which we are deeply grateful. It is a great pleasure to be part of co-operatively creating and reimagining a fair food system! —By Lisa Bashert

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The Wearing of the Green, Co-op Style!

—By Lisa Bashert

Get your Irish Up (in a good way) at the Ypsi Co-op in March. Our Produce Dept. will be featuring **Cabbage & Brussels sprouts** on sale, plus charmingly potted **prim-roses** and **shamrocks**. Bakery-made **corned beef** (using grass-fed beef from Roseland Meats) will be featured in March. Imagine corned beef on rye blessed by our new sourdough **Onion Rye**, stacked & styled by the Co-op Deli.

The Dairy Dept. will be featuring a sale on **Tipperary Cheese**, a delectable Irish cheddar.

And naturally, our Beer and Wine Dept., will get carried away with

Irish style beers for St. Patty's Day with special pricing, including:

Erik the Red Irish Red Ale - Dragonmead
Faricy Irish Stout - Arbor Brewing Co.
Uncle Steve's Irish Stout - Short's
Conway's Irish Ale - Great Lakes (OH)
Nitro Milk Stout - Left Hand (CO)
Guinness Draught
...and probably more!



Also in March, our Sweets bakers will reprise their popular Easter specialties, jelly bean topped **Coconut Cake** and cream-cheese frosted **Carrot Cake**. Make sure to plan ahead because the Ypsi Co-op is closed on Easter Sunday!

Quitting the Bottle - we quit the bottle (and you can, too)

—By Sara Blasko

For a host of reasons, bottled water is unsustainable. At the Ypsilanti Food Co-op, because of its expense and association with corporate greed, pollution, injustice, greenhouse gas emissions, public health concerns, and more, we have chosen not to sell this product. The bottled water industry runs up a tab of \$15 billion dollars in the United States alone! Of that, 1/3 is wasted on transportation. 80% of the bottles – 50% of which contain tap water – end up in landfills and oceans. Most of the water is drained from local aquifers like Lake Michigan. In Russia, a lake larger than Lake Michigan was drained to 1/10th of its size due to a lack of regulation.

What can you do about this? The answer is simple! Quit the habit and encourage your loved ones to do the same. Reusable water bottles are easy to clean and easy to find. Steel and glass



Too expensive at any price

bottles do not absorb anything from your drink, and are easily recycled. Plastic water bottles are available as a low-

cost option, but their production is impactful to the environment. Tap water in Ypsilanti, as tested in accordance with the EPA, is well below the level of concern.

Another option is local bulk water from Arbor Springs. Arbor Springs water is available in a 5-gallon drum, which is then sterilized in Ann Arbor and refilled.

Still want to do more? You can get to know your local watershed, the Huron Watershed. (Psst! Huron River Watershed Council is looking for volunteers too!) You can also become familiar with water safety at the local and state-wide level. Learn where your water comes from, and how you can help to make it safer!